

# City of Long Beach Department of Parks, Recreation & Marine

**Hours of Operation:**  
**Monday - Friday**  
**9a.m. - 5p.m.**

**El Dorado Park West**  
**2800 Studebaker Rd,**  
**Long Beach, CA 90815**  
**(562) 570-3225**


## **HSA Senior Lunch Program**

Lunches are served at 11:30am Monday-Friday and must be ordered 24 hours in advance. For reservations, please call (562) 429-4283.

**Treasure Cove Boutique**  
**Tuesdays & Fridays**  
**9:30-11am**

Come check out our selection of donated books, puzzles, jewelry and more!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>El Dorado Senior Program</b> <b>JANUARY 2020</b>		<b>FACILITY CLOSED</b> 	<b>Senior Fitness \$4 (10-11am)</b> <b>Contract Bridge (12-3pm)</b> <b>Art Therapy (12-3pm)</b> <b>Line Dance \$3 (1-2pm)</b>	<b>Zumba Gold \$4 (8:45-9:45am)</b> <b>Longevity Stick (9-10am)</b> <b>Card Games (9-3pm)</b> <b>Chair Stretching (10-11am)</b> <b>Almost Ballet \$5 (10-11am)</b> <b>Crochet &amp; Knitting (10-12pm)</b> <b>Ukulele Group (10am-1pm)</b> <b>Belly Dance (11-11:30am)</b>
<b>Longevity Stick (9-10am)</b> <b>Chair Stretching (10-11am)</b> <b>Belly Dance (11-11:30am)</b> <b>Chinese Mahjong (10-2pm)</b> <b>Big Band &amp; Dance (12-2pm)</b>	<b>Senior Fitness \$4 (10-11am)</b> <b>Card Games (12-4:30pm)</b> <b>Bingo (12:15-1:15pm)</b> <b>Book Club (1-2:30)</b> <b>American Mahjong (2-5pm)</b>	<b>Zumba Gold Toning \$4 (9-10am)</b> <b>Quilters (9-12:30pm)</b> <b>Chair Stretching (10-11am)</b> <b>Grief Support Group (10-11am)</b> <b>Ballroom Dance \$4 (10:30am)</b>	<b>Senior Fitness \$4 (10-11am)</b> <b>Contract Bridge (12-3pm)</b> <b>Art Therapy (12-3pm)</b> <b>Line Dance \$3 (1-2pm)</b>	<b>Zumba Gold \$4 (8:45-9:45am)</b> <b>Longevity Stick (9-10am)</b> <b>Card Games (9-3pm)</b> <b>Chair Stretching (10-11am)</b> <b>Almost Ballet \$5 (10-11am)</b> <b>Crochet &amp; Knitting (10-12pm)</b> <b>Belly Dance (11-11:30am)</b>
<b>Longevity Stick (9-10am)</b> <b>Chair Stretching (10-11am)</b> <b>Belly Dance (11-11:30am)</b> <b>Chinese Mahjong (10-2pm)</b> <b>Big Band &amp; Dance (12-2pm)</b>	<b>Senior Fitness \$4 (10-11am)</b> <b>Blood Pressure (10am)</b> <b>Card Games (12-4:30pm)</b> <b>American Mahjong (2-5pm)</b>	<b>Zumba Gold Toning \$4 (9-10am)</b> <b>Quilters (9-12:30pm)</b> <b>Chair Stretching (10-11am)</b> <b>Grief Support Group (10-11am)</b> <b>Ballroom Dance \$4 (10:30am)</b> <b>Big Band &amp; Dance (12:30-2:30pm)</b>	<b>Senior Fitness \$4 (10-11am)</b> <b>Contract Bridge (12-3pm)</b> <b>Art Therapy (12-3pm)</b> <b>Line Dance \$3 (1-2pm)</b>	<b>Zumba Gold \$4 (8:45-9:45am)</b> <b>Longevity Stick (9-10am)</b> <b>Card Games (9-3pm)</b> <b>Chair Stretching (10-11am)</b> <b>Almost Ballet \$5 (10-11am)</b> <b>Crochet &amp; Knitting (10-12pm)</b> <b>Ukulele Group (10am-1pm)</b> <b>Belly Dance (11-11:30am)</b>
<b>FACILITY CLOSED</b>	<b>Senior Fitness \$4 (10-11am)</b> <b>Card Games (12-4:30pm)</b> <b>American Mahjong (2-5pm)</b> <b>Senior Fitness \$4 (10-11am)</b> <b>Bingo (12:15pm)</b> <b>Card Games (12-4:30pm)</b>	<b>Zumba Gold Toning \$4 (9-10am)</b> <b>Quilters (9-12:30pm)</b> <b>Chair Stretching (10-11am)</b> <b>Grief Support Group (10-11am)</b> <b>Ballroom Dance \$4 (10:30am)</b> <b>Big Band &amp; Dance (12:30-2:30pm)</b>	<b>Senior Fitness \$4 (10-11am)</b> <b>Contract Bridge (12-3pm)</b> <b>Art Therapy (12-3pm)</b> <b>Line Dance \$3 (1-2pm)</b>	<b>Zumba Gold \$4 (8:45-9:45am)</b> <b>Longevity Stick (9-10am)</b> <b>Card Games (9-3pm)</b> <b>Chair Stretching (10-11am)</b> <b>Almost Ballet \$5 (10-11am)</b> <b>Crochet &amp; Knitting (10-12pm)</b> <b>Ukulele Group (10am-1pm)</b> <b>Belly Dance (11-11:30am)</b>
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